



## Third Suffolk race heats up as candidates debate over issues concerning immigrants

By Cody Yiu

At noon of April 21, five state representative hopefuls gathered at the Asian American Civic Association (AAC) on Tyler Street in Chinatown for a debate, a ramp-up to the upcoming special election of the Third Suffolk seat for the state representative. Among the participants were four Democratic candidates, Aaron Michlewitz, Lucy Rivera, Susan Passoni, Brian Ross, and one independent, John Keith; Ryan Higginson dropped out of the race. Over 60 community members attended the debate.

The Democratic candidates compete against one another in the Democratic primary on May 19. The winner of the primary will then face John Keith and Republican candidate David Trumbull in the general election on June 16.

The debate, moderated by Deeb Salem, Physician-in-Chief of Tufts Medical Center and an AAC board member, started with opening statements from each candidate. Salem then asked a series of prepared questions: how the candidates seek to keep the representation of the district's diversity as a priority, how they plan to meet the needs of English-language and workforce development in Chinatown, their strategies for business development in Chinatown, and their positions on offering in-state tuition to students without lawful immigration status. Salem also took questions from the audience, and the debate ended with the candidates' closing statements.

### Third Suffolk District decoded

All the candidates were in agreement that the Third Suffolk District, with its ethnic and socioeconomic diversity, is a good reflection of the shifting demographics of many neighborhoods throughout Massachusetts.

"The beauty of this district is that it reflects not only what goes on in the city, but also in the state," Passoni said. She suggested that holding town hall meetings would be effective for garnering different voices in the district.

The candidates also sought to debunk the myth that the Third Suffolk District is "the North End seat" by pointing to the many neighborhoods that are included in the district. Aaron Michlewitz, an aide to former House speaker Salvatore DiMasi, pointed out that he established two campaign headquarters, one in the North End and one in the South End.

"The public perception that this is a North End seat is there, but it's not accurate," Michlewitz



(Left to right): John Keith, Brian Ross, Aaron Michlewitz, Lucy Rivera and Susan Passoni/ (左至右) 約翰基斯(John Keith)、白恩羅絲(Brian Ross)、阿仁麥家威(Aaron Michlewitz)、露西瑞維拉(Lucy Rivera)、蘇珊柏信妮(Susan Passoni). Photo by Michelle Kiang

said.

### Employment and business development

In addressing the issues of job creation and business development in the community, the candidates concurred that both public and private sectors needed to work together.

"I have what I call a 'quasi-public solution,' which asks the city and state governments, colleges and universities, civic organizations, and employers to band together, make noise and get things done," Keith said. He remarked that most entry-level jobs are found in hospitals, universities, hotels and restaurants.

Rivera said development projects in Chinatown should be respectful of its residents. She calls for half of the jobs created by the W Hotel opening on Stuart Street to be filled by residents from the surrounding neighborhoods.

Passoni feels it is important that job opportunities in the community are well-publicized and that members of the community have the necessary skills to fill out job applications.

"I would reach out to all existing and new businesses to ensure that they have a focused strategy to target Chinatown residents. I would ask employers to give equal consideration to applicants with limited English skills," Passoni said.

Ross and Rivera call for better public education to prepare better workers.

"Many of the first or second generation immigrants are strug-

gling in school," Rivera said. She quoted statistics that show the high percentage of immigrant youth without a high school, or equivalent diploma. "Laying off teachers is not the way to balance the budget," she said.

### In-state tuition

All candidates except Ross are in favor of legislation that makes in-state tuition available to students without legal immigration status. Michlewitz said he had taken phone calls from immigrant parents regarding paying for their children's education; he considered it imperative that the proposal is made law. Keith proposes offering in-state tuition to anyone who graduates from a public high school in Massachusetts. Passoni said obtaining higher education is crucial in determining one's income level.

"Not to extend this to higher education will limit their job opportunities to annual salaries of \$20,000 or less," Passoni said.

### Meals tax

A member of the audience asked for the candidates' respective stances on the two-percent meal tax proposed by Boston Mayor Thomas Menino, an initiative that seeks to boost the City's revenue in the economic downturn. The question sparked much debate among the candidates. Keith, Ross and Rivera disagreed with the proposal. Keith is supportive of a state-wide meals tax, but not a city-wide one. Ross said he would vote against any in-

## 三塞弗克選區候選人論壇 提問 華埠移民關注的問題

的人口分佈變動。

這個區域獨特之處，不僅反映在市區內，但以整個麻省作整體。柏信妮說：「她建議舉行市政廳(townhall)形式的會議，是一個有效聽取及收集不同意見的好方法。」

候選人打破三塞弗克選區被指為“北端席位”的理論，「許多不同的社區也是屬此選區內。」身為前眾議員戴美士(DiMasi)的聯絡主任的麥家威繼續說：「他成立了兩個競選總部，一個在北端，另一個在南端。」他表示：「公眾以為這只是北端的席位，這並不是正確的想法。」

### 就業及商業發展

在解決區內創造就業及商業發展的問題，眾候選人也同意公共和私營機構(Private Sector)需要在這一方面共同努力。

基斯(John Keith)說：「我就是所指的為公共的解決方案，要求城市，州政府，大學，民間組織，雇主一同聯合起來，集合意見及一起把事情做得最好。」基斯表示大多數的初級的工作中可以在醫院，大學，酒店和餐館找到。

瑞維拉(Rivera)認為政府的在華埠發展的計劃，應當尊重區內居民的意願。她呼籲W酒店一半的就業機會應給與附近地區的居民。

柏信妮(Passoni)認為就業機會在社區最為重要，一有新就業機會便應在社區內推廣，推介有適合技能的人求職填寫。她說：「我向現有和新商務推廣，確保他們把重點放在華埠居民，我也同時提醒雇主給予就業機會給英語水平有限的人。」

羅絲(Brian Ross)和瑞維拉(Rivera)要求提高更好的公共教育，以培育出好人才。瑞維拉(Rivera)說：「不少很多的第一或第二代移民子女上課學習遇上困難。」她引用統計數據指出，有高比例的移民青年沒有高中畢業或同等學歷文憑。瑞維拉(Rivera)又說：「裁去教師人數決不是平衡預算的方法。」

### 州立學費資助

所有候選人除了羅絲(Brian Ross)也主張立法向沒有正即身份的學生提供州立大學學費資助。麥家威(Michlewitz)表示他聽取了些移民父母的電話，問及有關支付孩子的教育問題；他認為該提案成為法律是當務之急。基斯(John Keith)提意給公立高中畢業生，在麻省提供州立大學費用資助。

柏信妮(Passoni)認為高等教育影響到一個人的收入水平。柏信妮(Passoni)說：「沒有接愛高等教育將限制他們的就業機會，有些年薪少於兩萬元或以下。」

### 三塞弗克選區(Third Suffolk District)

所有候選人都同意三塞弗克選區的種族和社會經濟多樣化，正好反映了麻省許多地區內出現

(中文第二版續)

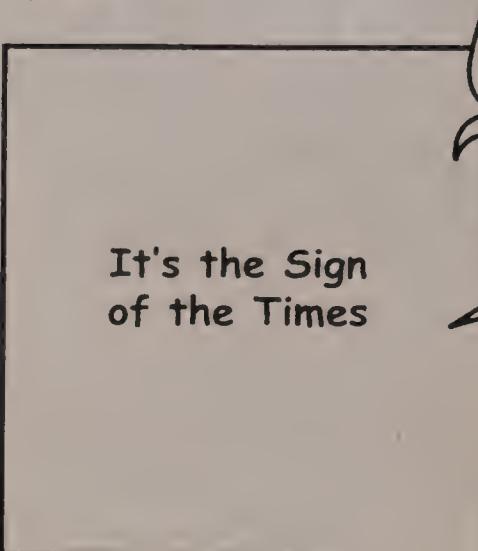
CONTINUED PAGE 3

Next Issue: May 8, 2009  
下期舢舨: 2009年5月8日

## Comic

## ah-Lin!

by Lillian Chan

**It's the Sign of the Times**

4-20-09



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www.lillianchan.com

## SAMPA

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## Announcements

## CHINATOWN

## Spring street clean-up

On April 25, 2009 from 9:00am to 1:00pm, volunteers are needed to help sweep pickup and clean around Chinatown. Please report before 9:00am to the volunteer staff at the corner of Beach Street and Harrison Avenue, in front of Sovereign Bank. For more info, please email gilbertho@ccba-ne.org; courtho@gmail.com; tony.m.yee@vzw.blackberry.net or call 617-350-6303 (Chinatown Main Street); 617-542-2574 (CCBA)

## JOBS

**Apply for a Job with Census 2010?**  
Take the Test at the AAC

The Asian American Civic Association (AAC) is hosting Census 2010 recruitment testing for the Census 2010 recruitment. Testing takes place every Monday, from 11:30 am to 3:00pm at 87 Tyler Street, Boston. The U.S. Department of Commerce is now hiring clerks, recruiting assistants and census takers for Census 2010. A multiple-choice test is given as part of the hiring process. Interested applicants can contact Melody Tsang at melody@aaca-boston.org or at 617-426-9492 ext 230 to schedule an appointment. For further information about Census 2010 or to download practice tests, please visit [www.2010censusjobs.gov](http://www.2010censusjobs.gov)

## FUNDRAISING EVENTS

**Green Brush art reception at Quincy Medical Center**

The reception will feature internationally-renowned Chinese American Fine Art Society artists, and proceeds will be used to provide free health education, screenings and publications to the growing local Asian community and to enhance Asian services at QMC. The Program will include a silent auction, Chinese brush painting and calligraphy demonstrations, traditional Chinese music, raffle drawing, hors d'oeuvres and beverages.

Date and Time: Tuesday, April 28, 2009, 6 to 9 p.m.

Location: Quincy Medical Center, McCauley Building Lobby, 114 Whitwell Street, Quincy. Cost: \$48 per ticket.

For more information about sponsorship opportunities, call (617)376-5493 or email ltom@quincymc.org.

## "The Road to Mayor"

OCA New England Chapter and Rhode Island Association of Chinese Americans present "The Road to Mayor" dinner banquet to acknowledge Mayor Lisa A Wong of Fitchburg, Massachusetts and Mayor Allan W Fung of Cranston, Rhode Island.

Date: Saturday May 16th, 2009

Time: 6 PM - 9 PM

Place: Hei La Moon Restaurant, 88 Beach Street, Boston, MA 02111 (617)338-8813. Tickets: Adult \$50; Youth/Student \$25p; Children 12 and under \$10. Advanced Purchase Only, No Tickets at the Door. Contact Jean or Ron Young at 617 484-4239. Please send checks to: 48 Oakley Rd, Belmont, MA 02478

## TOURS

## Historic Chinatown walking tours

Chinese Historic Society of New England (CHSNE) offers "Historic Chinatown Walking Tours Show Early Immigrant Life" second Saturday of each month from May to October, 2009: May 9, June 13, July 11, August 8, September 12 and October 10. Tour is approximately 90 minutes long from 10:00 a.m. to 11:30 am. Cost: \$15 per person. Reservation required by calling CHSNE, 617-338-4339, fax to 617-338-9339, email to [info@chsne.org](mailto:info@chsne.org) or send in your registration to Chinese Historical Society of New England at 2 Boylston St., G-3, Boston, MA 02116. For more information, please visit [www.chsne.org](http://www.chsne.org).

## RECREATION

## Return of the Swans to Boston Garden

Boston's most famous waterfowl will be back for the season during the Nineteenth Annual Return of the Swans to the Public Garden on Tuesday, May 5. The festivities will begin with entertainment at 11 a.m. The accompanying entertainment program, sponsored in part by The Friends of The Public Garden and beginning at 11 a.m., will include a brass band, harpist, face painters, and readings of Make Way for Ducklings led by the Boston Park Rangers.

## FILMS

## Boston International Film Festival

From April 17 to 26, the festival will feature over 100 short and feature length films, with categories including narrative, animation and documentary. The festival will include films from 38 countries from 5 continents.

There are two opening night films. The first is "What Would It Look Like?" A documentary that asks us to reflect on the state of the world and ourselves, and to listen more closely to what is being asked of us at this time of unprecedented global transformation. The second is "What Doesn't Kill You", a riveting story, starring Mark Ruffalo, Ethan Hawke, and Amanda Peet. It was directed by Brian Goodman, a Boston native filmmaker. The diversity of these two films is a good example of how the festival supports such a range of approaches to cinema.

Please purchase tickets on [www.bi](http://www.bi)

**Chinatown News**

FROM PAGE 1 DEBATE

crease in a meals tax or hotel tax, as these taxes would discourage spending, and thus affects tourism and small businesses. Rivera also echoed Ross' views on the issue. Michlewitz and Passoni, who are in favor of the proposal, said that a meal tax would be an important source of revenue in challenging times.

**Higher education**

Another question from the audience was about the interest rate accompanying student loans. Most of the candidates answered the question by addressing the larger issue of offering incentives to keep recent graduates in Massachusetts. Passoni and Michlewitz pointed out that although many people come to Massachusetts to receive a good higher education, many leave after graduation. Passoni stressed that a robust economy depends on a well-educated population; therefore, it is crucial that graduates are not dragged down by loans. Michlewitz believes that the high cost of



(Left to right): John Keith, Brian Ross, Aaron Michlewitz, Lucy Rivera and Susan Passoni (Photo by Michelle Keng)

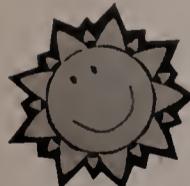
**Coming up in SAMPA:**

- Meet the Author: Anthony W. Lee - A Shoemaker's Story
- New Quincy Center presentation
- Green Brush art reception in Quincy

**O**n May 22, SAMPA will publish its 1st *Asian Pacific American Heritage Month* Special Issue.

**Passionate about Asian Culture?  
Share your story with us!**

**Submit your Story to [editor@sampan.org](mailto:editor@sampan.org)**



**Come to Red Oak Summer 2009!  
885 Washington Street Boston MA 02111**

**Red Oak Summer begins: July 6 to August 28**

The theme for this year is "Traveling Around the World"! Come join us for 8 weeks of activities including academic enrichment, project based learning, field trips, sports and recreation, talent shows, and the arts. We have classrooms, library, stage, indoor gym and pool, playground facilities, kitchen, computer room, and a brand new art center!

- Our program runs from 8:30am-6:00pm for children ages 5 to 13 years old
- A healthy lunch and snack is provided daily
- Session 1 (7/6-7/31) Session 2 (8/3-8/28)
- Total amount for each session is \$280 - \$880

(Voucher and subsidized slots are available to qualifying families)

**For more information or to enroll your child:  
Contact Kathy Choi at 617-635-5129 (x1033)  
[kathy.choi@bcnc.net](mailto:kathy.choi@bcnc.net)**



Boston Chinatown Neighborhood Center  
波士頓華埠社區中心  
[www.bcnc.net](http://www.bcnc.net)



Red Oak Summer Program

885 Washington Street Boston MA 02111

Contact Kathy Choi at 617-635-5129 (x1033)

## Interview with Third Suffolk State Representative candidates

By Cody Yiu

**What prompted you to run for State Representative?**

**Aaron Michlewitz:**

Working on the issues affecting the 3rd Suffolk District is what I know best and what I look forward to doing each day. It is what I have done and what I will continue to do. Having had a distinct opportunity to witness how the Boston of yesterday has transformed into the neighborhoods of today, I believe I can represent a new type of leader our neighborhoods need. As former Speaker DiMasi's Constituent Services Director, I maintain a valuable but unique insight into the issues that have not just affected the Third Suffolk District as a whole—but the issues that affect us at our front door step everyday. I am confident that my background as a lifelong resident of this District combined with my track record of providing realistic solutions for the people who make up these neighborhoods makes me a candidate worthy of consideration by the District's voters.

**John Keith:**

I am excited about the opportunity to work on behalf of my neighbors and members of my community. I want to make things better for people who need help while making life easier for everyone else. I see an opportunity to continue some of the great policies the state has implemented during the past several years—universal healthcare, gay marriage, to name just two. I also want to restore the public's trust in government—in the city, two of our most prominent politicians have stepped down while facing ethics violations charges. I am committed to being the most ethical leader possible while strengthening state laws and rules and regulations so that there is no risk of future unethical behavior on the part of any elected official.

**Lucy Rivera:**

People need to be represented, their voices need to be heard. The face of Boston has changed. Massachusetts is changing and this changes must also be reflected in their leaders, new Bostonians are a contributing block to the state's economy and their issues need to be represented and heard.

I want to bring that voice to the legislature.

**Brian Ross:**

Like many others, I have seen how the short-sighted decisions and mismanagement on Beacon Hill have left us having to make hard decisions about whether to raise taxes or raise tolls. I believe that we need change, change for the Commonwealth, and change for the 3rd Suffolk. We need someone to show real leadership in the Legislature.

After hearing the issues that face our community and not having the representation that we deserve, I decided instead of complaining I wanted to do something; I wanted to make a difference. The Commonwealth is going through an ethical problem from some of our elected officials. We are constantly hearing about indictment's and investigations that have hurt the trust of the community. I am ready to create the transparency, and ethical reform that is so important to rebuilding the trust of the citizens of the 3rd Suffolk District and the Commonwealth.

**Susan Passoni:**

I am running for State Representative because our district needs an effective and independent leader on Beacon Hill. I am running to address the concerns that are critical to our community and the future of Massachusetts: maintaining the quality of our public schools, keeping housing affordable for our families, and working for smart and sustainable economic growth.

**CONTINUED PAGE 4**

## Public Art Plan for the Rose Fitzgerald Kennedy Greenway's Chinatown Park



The Chinatown Gateway Coalition is hosting a community meeting to create an art plan for the feasibility and use of public art for the Rose Fitzgerald Kennedy Greenway Chinatown Park.

**Wednesday, April 29, 2009**

**6:30PM – 8:00PM**

**Metropolitan Community Room**

**38 Oak Street**

**Boston, MA 02111**

For more information, contact Kye Liang at 617.357.4499 or

email [info@chinatowntngateway.org](mailto:info@chinatowntngateway.org)

or visit [chinatowntngateway.org/chinatownpark](http://chinatowntngateway.org/chinatownpark)

## FROM PAGE 3 INTERVIEW

critical to our community and the future of Massachusetts: maintaining the quality of our public schools, keeping housing affordable for our families, and working for smart and sustainable economic growth. All of these are related; as a Commonwealth we cannot possibly foster economic expansion without industry; we can not attract industry without a growing, well educated population, and we can not keep smart and talented residents -- our working families, college graduates and professionals -- if it is too expensive to live here.

For the past seven years, I have worked with community groups and helped support city schools. I have worked with several public school-related organizations on budget and fundraising challenges. I have advised on grant awards to public schools and related programs in Boston and Lowell. I am working with a group of neighbors on the design of and to secure funding for the restoration and renovation of a public park in the South End. I am the President of the Ellis South End Neighborhood Association and have actively engaged other neighborhood organizations and associations to work hand in hand in the best interest of the community. It is my commitment and dedication to my community that has motivated me to run for office.

We are all aware that Massachusetts is facing serious challenges. I believe we need to go back to basics and take a serious look at the money flows in and out of the State's coffers. For 20 years, I worked in finance with major corporations on financing strategies and strategic opportunities. I analyzed and advised these companies to help find opportunities to increase revenues and cut costs. I look forward to the opportunity to get to work using this experience to help our state leaders address our revenue shortfalls, set a more secure course for the future, and ensure that our neighborhoods remain vibrant and livable.

**How do you plan to prevent drastic service cuts with the current state budget crisis?**

**Michlewitz:**

With the current economic downturn we are experiencing as well as the Commonwealth's own budget deficit, I plan to be open minded about ways to enhance revenue especially if it means reducing service cuts to important programs. However, I do not support an increase in the state income tax at this time.

**Keith:**

Our fiscal crisis is a short-term problem. We can't disassemble the Commonwealth by focusing short-term. There are some long-term, systemic problems that keep putting us into fiscal trouble. I believe the Governor's proposal to raise the gas tax makes sense. I do not support raising taxes to meet the short-term needs of the Commonwealth. I support making strategic cuts to balance the budget, because I believe we will grow out of the current fiscal crisis sometime during the 2010 fiscal year.

**Rivera:**

We need to scrutinize the budget to eliminate all unnecessary spending and make sure that priorities are based on the needs of the residents. There are also many efficiencies than can be achieved which would save money and avoid cuts. We should also look to other communities, cities and states across the US which are all suffering from the same economic downturn affecting us. We can learn from success stories, and bring best economic practices to our communities.

**Ross:**

While, I am not sure that we will not have to make drastic cuts in the short term, I believe that through alternative revenue streams, long overdue reforms, and a hard look at every budget item we can lessen their impact. One of my main reasons for running is that, I believe that we need to take hard, unbiased look at all possible sources of new revenue. The Governor has called for a 19 cent increase in the gas tax to fund our transportation systems, a plan that I support.

For too long, Beacon Hill has played politics with our transportation infrastructure, refusing to reform the system and failing to address the mountains of debt accumulated by each agency. Now, in a time of calamity for the national economy, Massachusetts has to make the hard decisions about whether to pay for its prior mismanagement or allow its transportation system to continue its downward spiral.

The human service organizations that serve some of the poorest members of our community face similar tough decisions. With budgets already stretched thin, they must now do more with less because in better economic times our elected leaders made short-sighted decisions that now hamper our growth. I believe that we need to change the culture of Beacon Hill, I believe that we need to address the me first attitude of our elected officials and remember that we are a Commonwealth.

**Passoni:**

For over 20 years I worked as a financial analyst in the investment banking industry

and understand how to work for changes in the state budget. I have advised corporations on strategic planning, funding needs and competitive positioning. I am committed to helping close the budget gap, finding ways to ensure that essential services are maintained, and always advocating for the funding our communities relies upon.

I plan to work with the Governor and his staff, the members of the State Legislature, and municipal government officials to help enact policies that will stimulate the economy and ensure a stable economic future. Some ideas include:

1. Revisit Proposition 2.5, and seek a better balance in how real estate taxes are calculated for commercial and residential properties, since we are losing revenue on below market assessments on commercial real estate.

2. Examine the structure of tax-exempt organizations and lobby for legislation to impose taxes on a number of the businesses that reside on these properties rather than only submitting payments in lieu of taxes (PILOT).

3. Work with the Governor, State Legislators, City Officials, and corporations to encourage more industries such as the Life Sciences to move to Massachusetts for economic diversity and job creation.

## TO BE CONTINUED

## Finances

## Preparing for next tax season....now

By Michael C. Tow

Another tax season has come and gone. If you are like most of us, we planned to get our taxes done in January but ended up just barely getting everything out April 14th. Although most of your hours spent doing your taxes or prepping everything for the CPA was probably done right near the deadline, the sleepless nights of dread, worry and procrastination have probably been going on for months. Between worried about where all the receipts and statements are to the fear of the repercussions of not filing in time, its not a surprise that this is American's most stressful time of the

year. Here are a few tips to make next years "tax time" feel more like "relax time."

Start organizing now. There is nothing worse than the last minute scramble to try to find that mortgage statement or important receipt that you were sure was in the pile of papers under the coffee table in the den. Set up a filing system at home that includes all the categories you will need for next year's tax time. Once the system is done, set a time at the end of every month to file away those receipts, statements, bills and donations. If you find out you're missing info, it's a lot easier and less stressful getting it now than April 14th! There will be some categories that a journal or notebook would be helpful. For example if you need to track business miles, get a small notepad and keep it in your car. Every week log your miles, if you wait too long it will be impossible to remember.

Hire a CPA. Do you feel that dealing with exemptions, deductions, adjustments & credits, is worse than having an Endodontic root canal? If that's the case, if you don't have a Certified Public Accountant (CPA), next year may be the time for it. Hiring a CPA doesn't mean you don't have to get organized but it does give you the structure guidance and knowledge to make tax time a lot easier. With professional help, there may be additional deductions or problems that may be identified that could save you money.

Set up a savings plan. Do you end up owing a lot of money every year, or want to put in money towards your IRA contributions but have trouble finding the money all at once to do so? Creating a savings plan with a separate bank account set aside for these areas will make it a lot easier financially at tax time. The contribution limits for a Traditional or Roth IRA for 2009 is \$5000. (\$6000 if you're over 50). It may be difficult to come up with a lump sum at the contribution deadline so by saving for it over the year will make it more attainable.

Congratulations on making it through another tax year. Hopefully with some of these tips next year will be smoother sailing. While we all know it's not realistic that you will be able to completely take the stress out of taxes, some early and regular preparation will definitely go a long way.

If you have a topic that you would like me to discuss in a future article please email me at mtow@newbostonfinancial.com.

*Michael Tow is a Certified Financial Planner. He is located at 58 Harvard Street in Brookline and can be reached at 617-734-4400 or www.newbostonfinancial.com.*

## SAMPA 2009 READER SURVEY

1. Which section(s) of the SAMPA do you read?  
English Chinese Both
2. What is your age?  
10-18 19-25 26-35 36-45 46-55 56-65 66-74 75+
3. What is your place of birth?  
U.S.A China Taiwan Hong Kong  
Other \_\_\_\_\_
4. What is your annual income in US (dollars before taxes)? (Please circle)  
Under 10,000 10,000-19,999 20,000-29,999  
30,000-39,999 40,000-99,999 100,000+
5. What is your residential zip code? (Please circle)  
02111 02169 02148 02458  
Other \_\_\_\_\_
6. What topics in the SAMPA are of interest to you? (Please circle all that apply)  
Immigration Health  
Community News City/State News  
National News Social Services/Welfare  
Arts and Entertainment Personal Finance  
Employment Youth
7. Do you read the health column? Yes No \_\_\_\_\_
8. Which one of the following health column articles do you find the most informative/interesting/helpful? (Please circle)  
Allergies Cancer Obesity  
Nutrition Violence Mental Health  
Pediatrics Drug Use Disease

7. Do you read the health column? Yes No \_\_\_\_\_
8. Which one of the following health column articles do you find the most informative/interesting/helpful? (Please circle)  
Allergies Cancer Obesity  
Nutrition Violence Mental Health  
Pediatrics Drug Use Disease
9. What other newspapers/periodicals do you read? (Please circle)  
World Journal Singtao  
Sino-American Time The Epoch Times The Metro  
The Boston Globe The Boston Herald  
Others \_\_\_\_\_
10. Do you read news online? Yes No \_\_\_\_\_
11. If Yes, which online news services do you use?  
\_\_\_\_\_
12. Do you have any comments on the Sampan?  
\_\_\_\_\_

Please email completed questionnaire to [survey@saman.org](mailto:survey@saman.org), or mail it to:  
SAMPA  
87 Tyler Street, 5<sup>th</sup> floor,  
Boston, 02111

Thank you for your participation!

**Chinatown News****MBTA job lottery begins in August**

By Candice Montalvo

On April 9th, the Chinatown Coalition (TCC) held its monthly meeting. The big news was the MBTA job lottery—the application process for entry level employment which only opens once every two years—will be opening up to applicants beginning in August. Steady MBTA jobs with great benefits are highly coveted, drawing thousands of applicants during every lottery process even in the best of times. In our current economic downturn, an even greater demand is expected. "This is a great job with phenomenal benefits," said Thomas. "I anticipate the response to this lottery to be enormous."

The lottery will open at the end of the summer and will remain open for eight weeks. Qualified applicants are required to take a test to judge their responses to hypothetical scenarios and will also be subject to a criminal offender record information (CORI) screening. Starting pay for entry level jobs, which include bus driver, train attendant, and subway customer service agent, is \$19-\$20 per hour. Currently, it has not yet been determined how many new applicants will be hired. "[The number of available jobs] depends on the stimulus and whether state legislature comes through," said Thomas. Once accepted for job placement, applicants will be placed on the waitlist and called to work as soon as a position becomes available. "Some ap-

plicants get jobs in the first couple weeks, other wait over a year," Thomas said.

The lottery was implemented by the MBTA in effort to objectify the job hiring system and create a diversified workforce. The MBTA is an equal opportunity/affirmative action employer and candidates with second language skills are especially encouraged to apply, however, for safety reasons, ability to understand commands in English is a prerequisite.

Following the MBTA announcements; Kye Liang of the Chinatown Gateway Coalition gave an update on the 2010 "Master Plan." The Chinatown 2010 Master Plan is a community-led initiative to create a planning document to guide the future growth of the Chinatown community. The project was made possible by funding provided by foundations to the Chinatown Gateway Coalition to support this project. The Chinatown Master Plan 2010 is a 2-year project which began July 1, 2008 and is estimated to end June 30, 2010. Its purpose is to propose a plan for managing the Chinatown community's growth for the next decade. This will be the third Master Plan implemented by the Chinatown Gateway Coalition, the first developed in 1990, and it has become a tradition occurring every decade.

*Candice Montalvo is a Sampan correspondent.*

**Immigration/Op-Ed****Hope for non-U.S. citizens: Obama promises immigration reform**

By Keith A. Pabian, Esq.

Hope came to many within the immigrant community on April 9, 2009 when the *New York Times* published an article on their front page proclaiming that President Obama has promised to support a plan to reform the U.S. immigration process. According to the *New York Times*, President Obama has pledged to support a comprehensive immigration reform bill that will offer a path to legalization for people currently in the United States without immigration status.

Immigration advocates are extremely optimistic that immigration reform will indeed occur as President Obama has promised. Andrew Hernandez, a Latin-American scholar in Texas, said that while he is surprised that President Obama has promised immigration reform in his first term, his level of support has remained high enough that he should be able to push the legislation through. Furthermore, President Obama has support in the form of the American public on his side. In addition to the popularity of President Obama, two-thirds of Americans have consistently said in national polls that they support a fair system of legalizing illegal immigrants.

As recently as a few weeks ago, immigration experts were of the opinion that immigration reform would not be possible because of the poor economy. Instead, they claimed, immigration reform would

have to wait until the economy was stabilized and on its way to recovery. However, now those same critics are not only saying that immigration reform is possible despite the current economy, but it can actually be used as a stimulus to help improve the economy. According to the American Immigration Law Foundation, legalizing non-U.S. Citizens without legal immigration status will improve wages and working conditions for all workers in the United States and increase tax revenues for local, state and the federal government. The Foundation supports its conclusion by arguing that on average, legal workers earn 15% more than their illegal counterparts doing the same job and that by legalizing workers, they will be forced to pay taxes.

Immigration advocates are of the impression that immigration reform could happen as early as November 2009. This is great news for the 12 million people currently living in the United States without legal immigration status.

*Keith A. Pabian, Esq. is an immigration attorney at Pabian & Russell, LLC and is conversant in Mandarin Chinese. Mr. Pabian can be reached at (617) 951-3721 or by email at kpabian@pabianrussell.com.*

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**Health**

Attention deficit hyperactivity disorder, ADHD, affects an estimated 3 to 5 percent of all children. Frustrating for them, their families and their teachers, this neurobehavioral disorder has an enormous impact on individuals and on public health. Children with ADHD frequently have trouble concentrating on their school work, and, when they reach adulthood, may have difficulty in certain workplaces.

**Laurel K. Leslie, MD, MPH** is the pediatric developmental-behavioral specialist who heads a clinic for children with school problems, including ADHD, at the Center for Children with Special Needs at Floating Hospital for Children at Tufts Medical Center. She answers some basic questions about this condition.

What are some early symptoms of ADHD?

Hyperactive children often appear to be in constant motion; they have trouble playing or sitting quietly. Impulsive kids often have trouble waiting for their turn or they interrupt others often. Some early signs of inattention may include trouble listening, daydreaming, being easily distracted and forgetfulness. Children with the combined subtype have both types of symptoms.

Is there an average age that children who are af-

**ADHD Q&A with Laurel Leslie, MD**

fected will start to show signs, or can it happen at any age?

Many children with ADHD have had problems since they were infants and toddlers, particularly those children with the hyperactive/impulsive or combined subtypes of ADHD. However, it is difficult to diagnose young children with ADHD because children are developing rapidly and high-energy behaviors in preschoolers are quite common. Children with the inattentive subtype of ADHD may not have trouble in school until they reach junior high or high school when their schoolwork becomes more complicated.

Is ADHD a life-long condition or will some children mature out of it?

Results of current research now suggest that many ADHD symptoms continue into adulthood and that approximately two-thirds of children with ADHD may continue to experience ADHD symptoms when they are older. Until very recently, most researchers and clinicians believed that children "outgrew" their ADHD symptoms during adolescence. This may be because symptoms like hyperactivity often become less prominent during the teen years. Positive aspects of ADHD in adolescents and adults include creativity, openness

to new ideas and high energy levels. Challenging aspects of ADHD can include trouble at work, in relationships and in other areas of functioning because of problems with procrastination, staying on task, and completing projects.

What treatments are available?

We recommend a multi-modal treatment approach for ADHD that includes:

- Parents and caregivers learning all they can about ADHD and being their child's advocate

- Medication, particularly the stimulants, which have been researched extensively

- A good behavior modification program at home and at school

- School interventions that address areas that challenge children

- Identifying strengths the child with ADHD has and building on those as much as possible

How useful are treatment programs focused on nutrition, psychotherapy, exercise or other forms of nonpharmacological interventions?

A variety of alternative therapies have been proposed for ADHD, including special diets, vitamin and mineral supplements, herbal remedies, biofeedback, hypnosis and meditation. Generally speaking, most treatment alternatives

lack systematic research to support their appropriateness and efficacy.

Studies of elimination diets (Few-Food Diets), sugar-restricting diets and macronutrient supplements have not produced convincing evidence of improving ADHD symptoms in most children. Approximately 2 percent of children will have less irritability and better attention when certain additives, especially red dyes, are removed from their diets. Treatments that focus on mineral supplementation (Iron, Zinc, Magnesium) may merit further study, but current data suggest that they are only useful when a true deficiency has been demonstrated.

Studies of homeopathic or herbal remedies, such as ginkgo biloba, kava-kava and spirulina are limited, but some findings may warrant further investigation. For example, there is some evidence that melatonin may be effective and safe for some types of sleep problems (i.e. delayed sleep phase) in children with ADHD.

Finally, studies of alternative interventions such as laser acupuncture, biofeedback, hypnosis, channel-specific perceptual tuning and vestibular stimulation are inconclusive as to their effectiveness in the reduction of ADHD symptoms.

What is the best advice you can give to parents who

have a child with ADHD?

Parenting any child can, at times, be a stressful, frustrating, and tiring job, and this is especially true for a parent of a child with ADHD. It is important to remember that you are not alone. Many parents find it helpful to seek support of other parents who have children diagnosed with ADHD. Here are some tips:

- Talk to your spouse and/or partner to make sure you are working as a team. For example:

- Work together on a consistent approach to discipline and structure

- Find ways to show support for each other

- Arrange time for taking turns so that each of you can take a break

Seek support:

- Talking to other parents who are experiencing similar challenges can help you know that you are not alone and can help you feel supported

- Look into options before you are at the "end of your rope" so that you will have resources in place when you need them

- There are many support groups available, for example, CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder, www.chadd.org or their joint website with the Centers for Disease Control, www.help4ADHD.org)

dren and Adults with Attention Deficit/Hyperactive Activity Disorder), the ADDA (Attention Deficit Disorder Association) and Exceptional Family Resource Centers

Refuel - parenting a child with ADHD is hard work:

- Arrange some time to be good to yourself

- Take a break! Have a neighbor, spouse or family member care for your child so you can take some time off

**RESOURCES**

The Center for Children with Special Needs at Floating Hospital for Children can be reached at 617-636-7242.

National Institutes of Mental Health, www.nimh.nih.gov/health/topics and click on ADHD

Children and Adults with Attention Deficit Hyperactive Activity, www.chadd.org or their joint website with the Centers for Disease Control, www.help4ADHD.org

Article funded through the Asian Health Initiative of Tufts Medical Center

**Comments?****Questions?**

Please submit health questions or interested topics to [editor@sampan.org](mailto:editor@sampan.org)

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**Food Review****Sichuan Gourmet  
in Billerica**

By Alan Phillips

To find really good Sichuan food in Boston you sometimes have to make a small journey. One of the best Sichuan restaurants in the Boston area is the Sichuan Gourmet in Billerica. Located outside the Route 128 loop, it's not the place you might go to on the spur of the moment. But if you have a desire for great Sichuan food, you won't be disappointed there.

One of the best of these delicacies is the Sliced Roast Beef with Tendon in Chili Sauce. While I am not the biggest fan of eating tendon and tripe, I found this dish delicious. It was tender and spicy with a flavor of sesame. Another excellent appetizer is the Sichuan Cold Noodles. These come in a spicy or non-spicy version. These are served with bean sprouts and lightly flavored with a soy sauce and chili oil mixture. The spicy version is not very intense so it is a good choice for people who don't want too much heat in their dishes. And since this is a vegetarian dish, it makes a good option for those who just can't bring themselves to brave the scary tendons.

While the "delicacies" are great, Sichuan Gourmet's best items are the main dishes. One dish I always try as a measure of a Sichuan restaurant's quality is the Pork with Yu Xiang Sauce. "Yu Xiang" is one of the signature styles of Sichuan cooking, and is often difficult for restaurants

to make well. Sichuan Gourmet does a good job with their version. The dish is made with Sichuan-style pickled peppers which is what makes the real Yu Xiang flavor. While their version is not the best Yu Xiang I've had in the Boston, it's definitely worth it.

Another popular Sichuan dish is the Beef with Spicy Chili Sauce. This consists of slices of beef and cabbage served in a spicy stew with garlic, red peppers and huajiao peppercorns. Huajiao is a spicy/numbing Sichuan peppercorn and Sichuan Gourmet is one of the few restaurants that actually use them in their cooking. This is a hearty dish, best ordered when you are dining with a larger group. It can be very spicy if you're not used to it, but the addition of the huajiao peppercorns makes it very authentic and very delicious.

A new dish that I hadn't tried before is called Old Sichuan Chicken. These are cubes of deep fried boneless chicken served with a side dish of sesame-flavored pickled cabbage that tasted like a Chinese version of coleslaw. The chicken had an excellent combination of sweet, spicy and peppercorn flavors and it perfectly balanced the sweet and sour taste of the "coleslaw." My wife identified the chicken's flavor as Guai Wei (怪味) or "strange flavor."

Sichuan Gourmet is definitely worth the trip to Billerica and judging from the dinnertime crowds of Chinese families on the weekends, a lot of people seem to agree.

**Sichuan Gourmet (老四川)**  
502 Boston Road (Route 3A)  
Billerica, MA 01821

*Alan Phillips is the technology coordinator and ASCENT instructor of the Asian American Civic Association*

**Gamja Stew, perfect on a rainy night**

By Anna Ing

On a breezy rainy week night, I went to the recently reopened Hanmaru (closed last year due to a fire started next door 9 months ago) on 168 Harvard Avenue in Allston to try their house specialty Gamja Stew (aka Gamja Tang stands for potato soup), a must-have dish for adventurous Bostonians who love Korean food.

The store name Hanmaru is from old Korean and it means "the best of the best" according to the owner Gyu Man Han, who came to Boston from South Korea nine years ago, to study computer science. But after a stint working at a Japanese restaurant, he realized being a restaurateur was his calling.

Two years ago, he opened up Hanmaru establishing their reputation for having great Gamja Stew along with other Korean BBQ specialties. But after last year's fire, Hanmaru quickly rebuilt itself. The new Hanmaru is a brightly lit space with gorgeous framed photos. Although the menu has been revamped from before offering less Korean BBQ items, the menu is more focused on their specialties. Mr. Han wants to focus on introducing Gamja Stew and make it popular outside of Koreans. To him and Koreans, it is their most favorite dish in the world. Some customers come from New York just to have Hanmaru's Gamja Stew. He believes in putting out quality food made from quality ingredients with close attention to keep the taste up to his standards on a consistent basis.

Gamja Stew is a Korean comfort food that dates back from the



Left: Pan Chan (Korean side dishes); Right: Gamja Stew  
Photo by Yu-Ting Liu

Shilla Dynasty (57 BC-935 AD). Due to the healthy ingredients, this soup is rich in calcium, nutrients and vitamin B1. Koreans believe that this dish is very nourishing for curing many ailments but most importantly to treat the elderly and sick. I was looking forward to my first experience of tasting Gamja Stew.

Besides the Gamja Stew, I had to try their Seafood Pancake (\$10.95), a pan fried mixture of shrimp, squid, crabstick and scallion in an egg batter. It is a perfect ratio of batter and ingredients making the pancake not too dense and thin enough to have nice crispy edges. The dipping sauce was a perfect accompaniment of tang and spice. While I waited for Gamja Stew, the friendly and attentive server cheerfully brought and refilled the pan chan (Korean side dishes) with the mandatory kimchi (pickled cabbage) along with others such as bean sprouts, fish cake, pickled radish and car-

rots along with a scoop of potato salad.

Gamja Stew (\$34.95 serves 2-3), is definitely the Pièce de résistance of the night. It is served with a dipping sauce with a little wasabi (Japanese horse radish) for taste. A fragrant and very red broth came out in a pot filled with heaping amounts of pork bones, veggies, tofu, scallions, hunks of potato and chili seeds. A bib is offered as eating this dish can get a bit messy. The soup was not as spicy as I feared but it was flavorful. The meat when dipped into the sauce brought out a wonderful taste in my mouth with the wasabi. There was so much leftover, I had to bring some home. Gamja Stew is not for the timid but it is worth venturing out to try!

*Article edited by Yu-Ting Liu;  
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**Youth**

By Malisa Saksua, AACA youth volunteer

People consider me a rather patient person; I raise my hand and wait to be called on, rather than waving it about. I wait in line like most of the students, rather than taking advantage of my senior status or cutting in front of a friend who's closer to the front of the line. I'm even still waiting to take my picture for my license, despite the fact that I really should have done it right after I passed the test a week or two ago. So after stating all of this, understand the seriousness of the statement that if I have to wait any longer this month to hear from colleges, I will go insane.

March is the primary month where colleges send out their acceptance and rejection letters and based on the fact that college is stressed as something that could make or break your future, the wait understandably causes much stress to fall upon many a senior's head. One friend even jokingly commented that I must have been stressed out, considering they managed to find a gray hair or two sticking out from my scalp. The stress may be considered unnecessary to some; many seniors have already been accepted into schools: some by scholarship programs such as POSSE or Colby-Sawyer, some by early acceptance decisions, and

some have already received their regular decision letters. For the rest of Malden High's senior population however, there's the infamous college list. Each student has their list of their top schools, and they have their set of backup choices. And when you've been accepted into your backup, but haven't heard from your top choices yet? It's kind of nerve wracking.

Long gone are the days where a thin or thick envelope reveals a college's decision. These days, colleges are going to new lengths to deliver the news, be it good or bad. Whether it's sending the letter along with a tube full of confetti to early accepted MIT students or Northeastern's blatantly obvious envelope emblazoned with the message, "Congratulations on your acceptance," colleges are going all out in efforts to make students choose their school. Many colleges and universities have even moved the process online now; the University of Georgia sends each student a congratulatory email with a link to a video of fireworks going off, while Bryn Mawr now sends out video acceptances. However, with the increase in flashy acceptance procedures, also comes a changing time for rejection letters as well.

Quite a few colleges these days are sending out emails or even texts to students relaying them the details of their status. While

some are gentle enough to let down the student easily, by offering to send an actual rejection letter in order to lessen the sting, other schools are less kind. It must be a blow to a student's ego when they open up their email, only to see "Admissions decision: Deny" in the subject header. The effort that a student undergoes to personalize their essays to the point where they feel as if they're revealing the most vulnerable part of themselves, exposing their weakness and amplifying their strengths, is enormous; to have all of that hard work and vulnerability tossed aside with an impersonal, electronic, one paragraph statement? It's crushing, at the very least.

Not only that, but the timing of these texts and emails are questionable at best. Ranging from early morning to late night email and text alerts, students could get good or bad news in the middle of a school day, drawing out cheers or tears in the middle of the classroom. The fact of the matter is, no matter how happy we are for the friends around us, we can't help but wonder about ourselves as well. Seeing friends break down in tears after being rejected from their top choice is frightening; one can't help but wonder, "If they wouldn't take [insert name here], then what are the chances that [college name] will take me?"

It's during this time that we have to remember that a rejection from a college isn't the end of the world. Granted, in the heat of the moment I doubt I'll be following that advice if I'm rejected from my top choice, but it's the honest to goodness truth. You accept the colleges that have accepted you, and move on with your life. Who knows, maybe it's all for the best.

## Financial literacy, boring? No, crucial for today's economy

By Chealyn Tim

In honor of Financial Literacy month, every Wednesday during the month of April, Asian American Civic Association youth invited Operation Hope: Banking on Our Future to teach them about how to make better choices with their finances. Jonathan Chan, a volunteer from Operation Hope has been teaching the financial literacy workshops covering basic budgeting, the functions of checking and savings accounts, the importance of credit, and basic investment to our young people.

De Davis, a young college student, didn't know what to



AACA youth (left to right): Bradford Mei, Amy Duh, and Viviane Szeto



Jonathan Chan, facilitator from Operation Hope

from the workshops- any bit of learning that they can use for their own decision-making."

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Guest speakers: Dr. Jean Wu Senior Lecturer-American Studies Program from Tufts University, Van Huynh-licensed social worker and Andrea So-Math teacher from Malden High school.



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## 青年專欄

## 大學錄取通知

作者: Malisa Saksua, 華美福利會  
青年志工

人們都認為我是一個耐心的人，我舉手等待而從不揮舞。我像大多數學生一樣排隊，不以自己是高年級而超前，也不插入排在前面的朋友前面。我甚至也安靜地排隊等待為我的執照照相，雖然實際上一兩周前當我通過測試時我就可以照的。儘管如此，當我聽說這個月當真還要等待學院錄取通知時，我真要發瘋了。

三月是學院發出關於錄取與否的通知的月份。這個通知預示著你的成功或失敗，所以它理所當然地對高年級學生造成很大的壓力。一位朋友開玩笑，他發現我有一根白頭髮或掉了兩根頭發時，就說我一定緊張得很。有些高年級生已經接到學校的錄取通知，有的還得到了獎學金如POSSE 或Colby-Sawyer，這些學生已經不必再擔心了。然而對於其他Malden高中的高年級生呢？每個學生心裏都有一個理想的學校，還有候補的學校，還有差勁學校的名單。當你沒有被理想的學校錄取，而要進入別的學校時，這時你可能發生精神崩潰。

用一封薄的或厚的信封來揭示學院決定的日子早已過去。現在，無論是好是壞，學院都提供新的一定長度的消息。無論是派送帶有一包糖果的信給麻省理工學院(MIT)早期錄取的學生，還是東北(Northeastern)大學公然明

顯的標示“恭喜你的錄取”，高校都在全力以赴，努力讓學生選擇他們的學校。許多高校把這些移到網上，喬治亞(Georgia)大學給每個學生發出電子賀信並鏈接一個煙花燃放的視頻，而布林莫爾(Bryn Mawr)大學則用視頻發送錄取通知。然而，隨著這些華而不實的錄取程序的增加，拒絕信也同時發生了變化。

不少高校這些天向學生發送電子郵件，甚至課本，向他們轉達細節。另外一些學校則不大客氣，它們斯條慢理地給學生發拒絕信，以期盡量減輕刺激。但當學生打開電子信箱，看到標題就是“拒絕錄取”，這必然是一個打擊。此前的所有努力被這短短的電子郵件拋到一邊。這無疑是一個沈重的打擊。

不僅如此，時間和地點都值得商榷。從清晨到深夜，學生們都在教室裏收到好的和壞的消息，他們或歡呼或流眼淚。事實上，當我們為朋友的成功高興或為他們的失敗傷感時，我們不能不想到自己。

正是這個時候，我們必須記住，被學校拒絕錄取並不是世界末日。是的，我被我的首選學校拒絕了，但我還可以到接受我的學校去，開始我的生活。誰知道，也許這正是最好的選擇。(陳公權譯)

財務知識煩人？  
不，對於今天的經濟至關重要

作者: Chealy Tim, 華美青年中心主任

在金融掃盲月裏，華美福利會青年舉辦金融講習班，邀請行動希望，我們未來的銀行向人們傳授如何更好地處理自己的財政。行動希望的志工Jonathan Chan為金融講習班講解基本知識：什麼是支票和存款賬戶，信用的重要性，以及四月份每周三為我們年輕人的基本投入。

青年大學生De Davis原來不知道能從講習班學到什麼。講習班結束後，他比以前懂得了更多有關金融的知識。下一次當他決定如何花自己的錢時，他會同時考慮他的支付能力和他應當優先考慮什麼。

華美青年中心主任青年理事會成員，來自Malden高中的Viviane Szeto起初以為，這次講習班將是乏味的，但在參加了第一次後，發現它很有用，而且看到了財務知識的重要性。她現在正鼓勵並邀請她的朋友和同學來參加即將舉行的講習班。

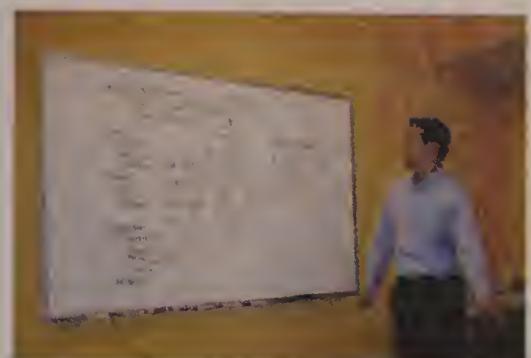
講習班主持人Chan說：“現在的經驗很好，同學們都積極響應，他們似乎都參與進去了。我希望他們能夠從講習班帶走一些東西，把學到的知識用於他們自己的決策。”

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地點：華美福利會4樓。  
供應晚餐，登記請聯系Chealy Tim / Chealy@aacaboston.org

客座講師：塔夫茨大學高級講師Dr. Jean Wu (陳公權譯)



金融講習班主持人 Jonathan Chan



青年理事會成員(左至右): Bradford Mei, Amy Duh, Viviane Szeto

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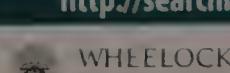
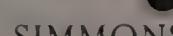
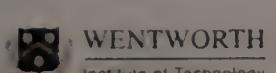
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## 舢舨美食

## 春雨夜最佳菜餚，韓式燉肉湯

【舢舨美食記者吳家儀報導；劉郁廷編譯】最近一個下雨的夜晚，我特地造訪了座落於Allston久違的韓式餐廳Hanmaru（九個月前因一場由隔壁店家引起的無名火而休業），這次來就是要嚐它有名的韓式燉肉湯（Gamja Stew），韓文發音Gamja Tang，意思是馬鈴薯湯，這燉湯是喜愛冒險又熱愛韓式料理的波士頓人必嚐的一道菜。

餐廳老闆Gyn Man Han告訴我這店名Hanmaru是古韓文，意思是好中還要好。Han先生是九年前從南韓到波士頓唸書，當時還專攻電腦科學，但經過某次在日式料理店工作後，他意識到在餐廰行業工作才是他該走的路。

兩年前，Han先生開了這家餐廳特別提供韓式燉肉湯和韓式燒烤。雖然因火災的緣故必須休業一段時間，卻剛好給Hanmaru機會重新整頓。新的Hanmaru裝潢得更體面，整體感十分明亮，牆上多了許多美麗的攝影作品，唯一令我遺憾的是新菜單上韓國烤肉的選擇較以前少多了。不過老闆的說法是他求好心切，希望集中注意力用

最高水準控制Hanmaru的燉肉湯，藉而發揚讓本地美國人也愛上這道料理，老闆還說有不少饕客特地從紐約上波士頓來品嘗他的燉肉湯。

韓式燉肉湯是一道十分古老的韓式家鄉菜，時間可追溯至公元前五十七年的新羅朝代，這湯具有相當高的健康營養價值，含豐富的鈣和維他命B1。韓國人相信燉肉湯能滋補治疾，身懷重病或是年長的一輩特別需要這道料理。我非常期待這次燉肉湯的初體驗。

當然除了燉肉湯之外，海鮮煎餅（10.95美元），是到韓國餐館必點的菜餚，炸蝦、魷魚、螃蟹肉和青蔥全或在一個雞蛋麵糊，完美的麵糊比例使煎餅不厚卻又帶嚼勁，煎餅邊緣口感酥脆淋上醬油真是完美極了。在我等待燉肉湯時，服務生周到的補上隨餐附贈的韓國小菜，有韓式料理不可少的泡菜其它小菜像是豆芽、



鮮紅湯頭的韓式燉肉湯，最適合波城春天濕冷的天氣。（劉郁廷攝）

魚漿餅、細切醃紅白蘿蔔還有爽口的馬鈴薯沙拉。

韓式燉肉湯（34.95美元；2-3人份），絕對是當晚的高潮。湯頭非常鮮紅，鍋裡的豬肉骨頭、蔬菜、豆腐、蔥、辣椒種子和馬鈴薯

如山一樣的快溢滿鍋外，附上浸有少許芥末的醬汁的確為味蕾添色。Hanmaru體貼

的提供食客圍兜避免吃這道菜時的混亂情況，好像在吃龍蝦一樣。令我意外的是當晚的湯頭並沒有像我想像的辣但美味是不可否認的。當然我一個人沒辦法把全部的料理包辦，不得不把剩餘的料理帶回家。韓式燉肉湯是一道值得嘗試的料理，特別推薦給膽大慣吃辣的朋友！

有料報給舢舨美食記者嗎？寄電郵至 foodie@sampan.org

## 移民資訊

## 09年5月移民排期表

親屬 移民 排期	全世界 (包括 港澳 台)	中國 大陸	印度	墨西哥	菲律賓
第一 優先	02年 09月 22日	02年 09月 22日	02年 10月 22日	92年 10月 08日	93年 08月 01日
第二 優先 2A	04年 10月 04日	04年 10月 08日	04年 10月 08日	02年 04月 01日	04年 10月 08日
第二 優先 2B	00年 11月 15日	00年 11月 15日	00年 11月 15日	92年 05月 01日	98年 02月 01日
第三 優先	00年 09月 08日	00年 09月 08日	00年 09月 08日	92年 10月 22日	91年 06月 22日
第四 優先	98年 06月 08日	98年 03月 22日	98年 06月 08日	95年 05月 01日	06年 07月 08日

職業 移民 排期	全世界 (包括港 澳台)	中國 大陸	印度	墨西哥	菲律賓
第一 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額
第二 優先	現在 有名額	05年 02月 15日	04年 02月 15日	現在 有名額	現在 有名額
第三 優先	沒有 名額	沒有 名額	沒有 名額	沒有 名額	沒有 名額
非技術 勞工	沒有 名額	沒有 名額	沒有 名額	沒有 名額	沒有 名額
第四 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額
宗教 工作者	沒有 名額	沒有 名額	沒有 名額	沒有 名額	沒有 名額
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(接第六版 - 過動症)

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患有注意力缺陷過動症的兒童與成人 www.chadd.org 或者與此網站合作的疾病管制局 www.help4ADHD.org。(田恬譯)

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(接第五版-昆士亞美)

會主席Jimmy Wong表示去年有二十名市民通過委員會參加了這項一年一度的活動。今年委員會申請了和去年同樣的清掃場地-北昆士高中。清掃完畢後，組織者將會提供午餐。

此次，例會有兩位市民特意前來諮詢有關住房規則問題。由於三月末在昆士一不合格住宅內發生的大火奪走了三條生命，昆士消防局和警察局對市內的問題住房進行了檢查。昆士亞美顧問委員會表示房屋違章問題由來已久，委員們在事發之前已就此展開了數月的討論。委員Betty Yau女士表示，新移民就公共安全問題上需要更多的教育，但文化上的障礙阻止了他們得到必要的訊息。

昆士亞美顧問委員會也在此次例會上確定了委員會社區服務辦公時間。由下月16日起，在每月例會結束之後，委員會成員們將在北昆士社區中心逗留一個小時，為市民答疑解惑。

## 健康專欄

作者: Laurel Leslie

成長行為專業醫師

注意力不足過動症，簡稱ADHD，影響估計大略百分之3至5的兒童。患有此種精神失調不只對病患本身，病患的家庭與教師來說都十分挫折，對個體以及公共健康皆有非常大的影響。患有過動症的兒童時常無法專心在課業上，且在他們成年時，有可能在工作上遇上困難。

Laurel K. Leslie, MD, MPH, 是位小兒科成長行為專科醫生，領導一間位於塔夫茨醫學中心的 Floating 兒童醫院特殊需求兒童中心，專為有學習問題的兒童—包括過動症一所開設的診所。她將替我們解答一些關於過動症基本的疑問。

注意力不足過動症的早期症狀有哪些？

活動量過多主導型的孩子通常似乎從不間斷的在移動；他們無法安靜的遊戲或坐著。自制力弱主導型的孩子大多無法耐心等待或時常打斷別人。一些早期注意力渙散主導型的症狀包括無法專心傾

## 注意力不足過動症 問答集

聽、作白日夢、容易分心以及健忘。混合型過動症的兒童兼有這兩者的症狀。

過動症兒童通常會在什麼年齡開始顯示症狀？或者各年齡皆有可能發生？

許多過動兒從他們是嬰兒與幼兒時期就開始產生問題，特別是活動量過多主導型、自制力弱主導型及混合型的孩子。但是，兒童的發展迅速，且高活動量在學齡前的孩子們之中很常見，使得要診斷出有過動症的年輕孩童十分困難。注意力渙散主導型的孩童有可能不會在功課上遇到困難，直到中學或高中課業比較繁複的時候問題才會浮現。

過動症是終生的嗎？或是會在某些人身上海隨著年歲增長而消失？

現今的研究結果指出許多過動症的症狀會持續到成人，且大約三分之二的過動兒會在成長途中一直保有過動症的症狀。直到最近，多

數的研究者與臨床醫師相信孩童會在青春期時“超越”他們的過動症。

這是因為症狀（例如活動量過多）時常在青春期變得較不明顯。青少年與成人所表現的正向的過動症症狀包括創意、接受新概念的開放度及高活動力。過動症令人困擾的方面包括因由拖延、無法專心完成任務而造成的工作、感情以及其他表現上的困難。

過動症患者可以尋求什麼樣的治療？

我們建議一個多重型式的過動症療程。此療程包括：

- 父母親以及看護者極盡他們所能學習關於過動症的資訊，並成為他們孩子的辯護者

- 藥物，特別是一直以來都有大量研究投入的興奮劑

- 一個良好的家中或校內行為改變計畫

- 學校介入並調整孩子覺得困難的領域

- 發現過動兒所擁有的長處，並鼓勵他們盡量在此方面發展

非藥物治療的治療計

畫，例如專注於營養、心理治療、運動或其他型式，有效嗎？

過動症另外還有各種另類療程，例如特殊飲食、維他命與礦物質補充、藥草治療、生物反饋、催眠以及冥想。一般來說，多數的另類療程缺乏有系統性的研究來支持他們的正確性以及有效程度。

排除飲食（少食飲食）、少糖飲食以及營養元素補充的研究還無法呈現可信的證據可以幫助多數過動兒童。在某些特定的添加物，特別是紅色色素，從飲食中移除時，大約百分之二的兒童會較不易怒以及較好的注意力。礦物質補充（鐵質、鋅與鎂）的療程或許會再未來發現有實質幫助，但目前的資料指出他們只有在真正欠缺時才會有明顯療效。

同種療法或藥草療程，例如銀杏、卡瓦椒以及螺旋藻的療效皆有限，但是某些資料或許值得深入研究。比如說，一些證據指出褪黑素或許對過動兒的某些睡眠問題（例如延遲的睡眠階段）很有效並安全。最後，沒有證據指出另類療程，例如雷射針灸、生物反饋、催眠、

特定信道認知調整以及平衡刺激，對減少過動症症狀有幫助。

對家有過動兒的家長來說，最好的建議是什麼？

教養孩子可以有時候是壓力很大、令人洩氣或疲累的工作。這對一個有過動兒的家長來說尤其是真確。很重要的是，您要記得您並不是孤單的。多數的父母發現尋找其他有相同境遇的父母很有幫助。以下是一些建議：

跟您的配偶或伴侶相談，確認您是站在同一陣線上的。例如：

- 在教養的結構上採取同樣的方式合作

- 尋找可以支持對方的方式

- 安排換班的時間，讓您們都可以有時間休息尋找幫助

- 與其他有相同情況的家長交談可以幫助您了解您不是孤單的，且能讓您擁有互助感

- 在您被一切壓得喘不過氣來之前，先查詢資料並了解自己的情況，盡量讓您在有需要的時候能有求助資源

- 很多互助團體提供這樣的幫助，例如CHADD

。(第七版續)

## 華埠公園美化 - 羅絲甘迺迪綠帶 (Rose Fitzgerald Kennedy Greenway) 公共藝術企劃



華埠牌樓聯盟將於以下時間地點主辦一社區會議，會議將探討美化華埠藝術企劃案該如何實行，公共藝術存在於華埠 - 羅絲甘迺迪綠帶的可行性和公眾使用性

二零零九年四月二十九日星期三

傍晚六時半至晚間八時

大都會社區室(Metropolitan Community Room)  
地址：麻州波士頓屋街 38 號，郵遞區號 02111  
(38 Oak Street, Boston, MA 02111)

欲知更多有關詳情，請聯絡華埠牌樓聯盟梁先生，  
電話: 617.357.4499 或電郵 info@chinatowntngateway.org  
或瀏覽網站 chinatowntngateway.org/chinatownpark

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**Wang YMCA  
of Chinatown**

華埠王氏青年會

## Summer Camp!

## 華埠王氏青年會暑期營!

The Wang YMCA's Camp Golden Mountain still has openings for Summer 2009 for ages 5-12! Camp runs June 29-Sept 4, 7:30am-6:00pm.

華埠王氏青年會黃金登山暑期營還有名額！報名年齡為5至12歲孩童，暑期營時間從六月二十九日至九月四日，時間為上午七時半至下午六時。報名詳情請撥打以下專線。

Wang YMCA of Chinatown  
8 Oak Street West  
617-426-2237  
[www.ymcaboston.org/wang](http://www.ymcaboston.org/wang)

華埠王氏青年會  
華埠西橡樹街8號  
電話: (617) 426-2237  
網址: [www.ymcaboston.org/wang](http://www.ymcaboston.org/wang)

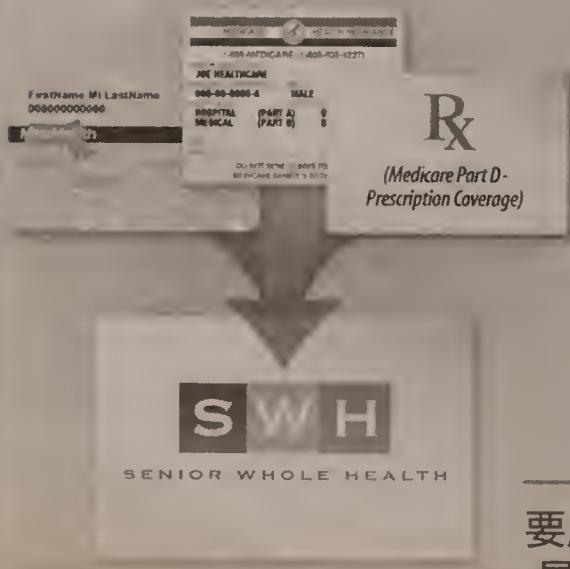
Wang YMCA  
of Chinatown



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要成為 Senior Whole Health 的會員，您必須至少 65 歲並且符合 MassHealth 的資格。Essex、Middlesex、Worcester、Suffolk、Norfolk、Bristol 以及 Plymouth 等郡均有提供 Senior Whole Health。

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- 免每月保費
- 免費處方藥物（含非處方藥物）
- 免預約就診交通費
- 護士及社工可以提供幫助
- 每天 24 小時、每週 7 天電話服務
- 員工可提供多種語言服務
- 醫生和護士與您共同規劃您的護理
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H2224\_2009\_021 10/15/08

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### 牛頓新聞

## 新英格蘭中文協會 舉辦演講比賽



中華僑教中心簡主任和7年級以上組獲獎者合影(劉玥攝)

【本報記者劉玥牛頓市報導】由新英格蘭中文協會組織主辦的中文演講比賽於4月11日下午在牛頓市中華僑教中心舉行。新英格蘭中文協會由牛頓市中文學校、勒星頓市中文學校及其他眾多中文學校組成。協會每年都會舉辦類似的演講比賽，比賽的目的在於宏揚中華文化，鼓勵更多在美國出生和長大的小朋友和青少年們學習中文、熱愛中文。與以往有所不同的是，去年只有16位小朋友報名參加了演講比賽，而今年報名參賽的人數由16人激增到50人，由此也體現出當下學習中文的熱潮。

由於參賽人數眾多，因此主辦方將比賽分設兩個賽場同時進行，還按照不同年齡段將選手們分成三個組別，分別是國語3-4年級組、5-6年級組和7年級及以上組，進行比賽。另外還單設一個雙語組，為非中文家庭的小朋友也提供了一個展示口才的機會。主辦單位在以往每組分設一、二、三等獎各一名的基礎上，又增設了兩個優勝獎項。

參賽選手演講的題目可以是散文、故事、寓言，也可以是自己創作的短文。每人在台上演講的時長限制在2分30秒至3分鐘之間。每超過10秒及不足10秒都將扣掉1分。比賽的評審團由多位資深評委組成。包括中華表演藝術基金會會長譚嘉陵女士、來自紐英倫科技協會的王世輝先生及多位現已退休的中文學校校長和教師。參加比賽的同學們無論年齡大小都提前做了充分的準備。從著裝、儀態到發音、吐字都力求做到準確無誤。這些年齡不大的參賽者們大部分都是在美國出生的，他們被

家長送到中文學校學習中文，從最開始的厭學和一竅不通到現在可以講一口流利的漢語。很多同學還喜歡上了學習中文，並將中文用到日常生活當中。從報名參加比賽的人數和小選手們現場的出色表現來看，中文學校的教學是頗有成效的，而舉辦這樣的演講比賽可以繼續鼓勵和推動中文教學。

比賽結束後，評委們為獲得一、二、三等獎和優勝獎的同學們分別頒發了獎狀和獎品，以鼓勵大家今後繼續努力學習中文。中華僑教中心的簡主任對參賽同學的出色表現表示了贊許。同時他也提出了中肯的建議。他建議同學們在今後的學習中要注意演講的幾個要素：第一，演講內容要有放有收，有始有終。第二，普通話要標準，要講出思想立意所在。第三，演講時手勢不宜太多，否則會賓主。

另據本次活動負責人新英格蘭中文學校協會會長莊繼華介紹，舉辦演講比賽當日，還有聽答比賽和中華文化常識比賽同時進行，這次系列比賽活動都旨在於弘揚和擴大中國文化的影響力。

### 昆士新聞

## 昆士亞美顧問委員會號召市民積極參與社區活動



昆士亞美顧問委員會成員。(徐凱俐攝)

昆士市政廳(Quincy City Hall)舉行。屆時，與會者也會就超級市場88的重新開業問題

進行討論。昆士亞美顧問委員會委員表示聽證會當晚可能會對中國超市的營業問題進行一次投票。

第二十屆昆士“更清潔，更綠色日”清掃活動將於5月2日上午九點開始，進行至中午十二點結束。昆士亞美顧問委員會主席Jimmy Wong表示去

(第六版續)

【本報徐凱俐報導】昆士亞美顧問委員會(Quincy Asian-American Advisory Committee)於4月18日上午在北昆士社區中心(North Quincy Community Center)召開了每月例會。委員會主席Jimmy Wong，委員Betty Yau以及May Chan出席了本次例會。另外，有四名熱心市民也趕來參加了此次會議。

與會者就即將舉行的昆士市中心振興計劃說明會，中國超市開業聽證會，以及昆士第二十屆“更清潔，更綠色日(Cleaner, Greener Day)”進行了熱烈討論。亞美顧問委員會呼籲亞裔移民踴躍加入各項活動，參與討論城市發展計劃，服務社區，有效利用各項資源。

4月23日晚七時，昆士市長Thomas Koch和發展商Street-Works Development將在北昆士高中舉辦昆士市中心振興計劃說明會。考慮到昆士大量的華裔人口，此會配

有普通話和廣東話兩種語言同步及時翻譯，為出席會議者掃除語言障礙。

5月4日晚六點半，最後一場針對中國超市(C-Mart)的聽證會將在

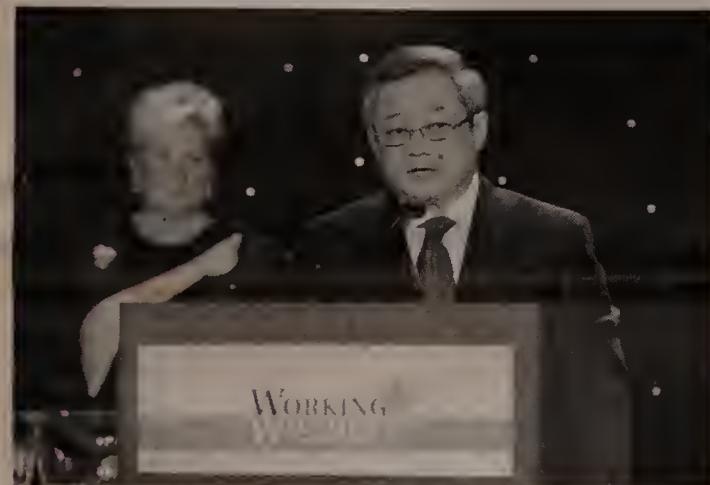
## 華埠新聞

市長連任籌款晚會華埠  
隆重舉行  
「市長曼寧諾之友」



**【本報訊】**一百多位華裔人士組織的「市長曼寧諾之友」(Friends of Mayor Thomas M. Menino)於3月9日晚在華埠龍鳳大酒店舉行「支持競選連任市長籌款晚會」，華埠社區團體、商戶和各地區華裔人士約200位嘉賓熱烈認捐。這場籌款晚是由陳毓禮、陳毓璇、陳家驛等人發起，出席得的嘉賓包括了梅惠聰、黃伯勳、黃述沾、何遠光、陳仕維、黃國威、余俊明、陳文浩、李伍綺蓮、梅伍銀寬、李秋明等。(照片由Denny Ching 提供)

## 陳家驛獲聘僑務委員



**【本報訊】**現任至孝篤親公所主席陳家驛正式獲僑委會聘任為僑務委員，任期三年。

今年63歲的陳家驛係廣東鶴山人。他曾任舢舨編輯、中華廣教學校董事、紐英崙中華公所核數、波士頓就業委員會委員、波士頓地下水基金委員會委員、麻省亞美委員會委員、波士頓市政府交通局諮詢委員會委員。現任麻省住宅投資公司投資部主任、紐英崙至孝篤親公所主席、紐英崙中華公所董事、波士頓市政府維生薪酬諮詢委員會主席、塔芙茨醫學中心董事會投資委員會、財經委員會、核數委員會委員、美國物業管理學會會員。

照片：陳家驛於二月底榮獲塔芙茨醫療中心「開創奇蹟」獎(Working Wonders)。芙茨醫療中心提供

## MBTA職缺抽籤8月開始登記

**【本報訊】**華埠社區聯盟(TCC)於4月9日在波士頓華埠社區中心(BCNC)內召開例會。

MBTA將舉辦的職缺抽籤(Job Lottery)的情況。這一工作抽籤計劃徵求紅線、橙線及藍線的司機和乘務員、巴士司機、街車服務員、卡車裝卸員、客戶服務員等五種工作人員，全都是從兼職開始，將來有機會時才能轉全職的工作機會。而平均一週工作三十小時，培訓期間的工資為每小時10美元，之後的工資則從每小時18.04到19.81元而不等。

在兩年前的職缺抽籤中，MBTA在5千名合格者中錄用了525名職工。至於今年招收的人數則有賴於從「刺激經濟法案」中能夠申請到多少資金及實際的需求量。

詢問招聘詳情，可電郵至prejoblottery@mbta.com去詢問，或電洽617-222-3366。

## 華埠王氏青年會孩童健康日



**【本報謝婉君波士頓報導】**一年一度的華埠王氏青年會孩童健康日 (Wang YMCA Healthy Kids Day)，在十八日(星期日)舉行，吸引了四百多人參與。王氏青年會執行部經理凱倫蓋莉 (Karen Gately) 說：「有小至手抱嬰兒到年長嫗嫗也到來參加，人數比預期的多，大眾玩得很開心！」

由十五多個不同組織團體贊助的健康日開始由樂隊，王氏青年會舞蹈班表演，之後請來愛默生學院 (Emerson College) 的藍球隊作即場精采的射藍技術練習示範及王氏青年會空手道班表演等。除了有兒童喜愛的臉部彩繪，充氣屋，整天亦有由專業按摩師提供，適合長者的手部及背部按摩。凱倫蓋莉表示透過大小同樂，有益身心的活動，傳達有關如營養的健康知識，提高眾人對健康追求的認識。王氏青年會 (Wang YMCA) 將會有更多適合不同年齡人士的暑假活動，詳情有代公佈。(嘉利攝)

## 活動簡訊

## · 昆士振興計劃說明會

昆士振興計劃說明會將於4月23日(週四)晚上七點，在北昆士高中(316 Hancock Street)舉行。討論項目包括10億美元規模的私人投資、2億美元的基礎建設、一千個新的公寓及出租戶、大型零售商和地舖商店等。現場提供中文及廣東話同步翻譯。

## · 華埠清潔日

華埠清潔日志工請於4月25日(週六上)午九點至下午一點，在必珠街和哈里遜大道，永豐銀行前報到，報名華埠主街617-350-6303，或中華公所617-542-2574。

## · 慈濟人文開放日

慈濟人文開放日將於4月26日(週日)上午十點至十一點二十在校址舉辦，有介紹影片放映、教材、教案及學生作品展示和教學觀摩。該校即日起至九月初接受報名。詳情：617-762-0569，校址：99 McMahon Road, Bedford MA。

## · 碧毫藝術品賞會

昆士醫療中心(Quincy Medical Center)將於4月28日(週二)，晚上六點至九點，在昆士醫療中心麥考雷(McCauley)大堂舉辦。紐英崙藝術學會將捐出作品拍賣，並即席揮毫，示範毛筆書法及水墨畫。門票每張\$48。會中將提供小食，酒料及飲品。詳情洽譚秀婷：617-376-5493。

## · 中文讀書會

中文讀書會將於4月30日(週四)下午二時半至三時半，在波士頓公立圖書館通用圖書館夾層樓會議室(即中文書所在的一層樓)，討論懷中作者的美國實用英語文法。聯絡：楊慶儀(Caroline Young)、陳貴英(Kay Chen)，電話：617-536-5400分機2339。

## · 達賴喇嘛演講

達賴喇嘛演講將於5月2日(週六)在吉利體育場(Gillette Stadium)舉行兩場演講。上午講題：「藏傳佛教的四聖諦」(The Four Noble Truths)，下午講題：「通往和平與快樂的道路」(A Path to Peace and Happiness)。票價兩場最低\$37.5元，下午場單場最低票價\$22.5。門票可至網站Ticketmaster.com，或致電(866)448-7849。

投稿請電郵 editor@sampan.org

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Norwell 城鎮公共圖書館

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## 社會論壇

非美國公民的希望：  
奧巴馬承諾  
移民政策

作者：Keith Pabian

美國入境者們在2009年4月9日迎來了希望，因為這天紐約時報在首頁刊登了一篇文章宣稱總統奧巴馬承諾支援一項對移民程式進行改革的計畫。根據紐約時報的報導，總統奧巴馬已經保證支持一項全面的移民程式改革議案，這將為現居美國而沒有移民身份的人們提供一條合法化途徑。

對於這項移民法案是否會像總統奧巴馬承諾的那樣得到實施，移民評論員顯得非常的樂觀。安德魯赫南德茲是一位在德克薩斯州的拉美籍學者，他說他對於總統奧巴馬在他的首個任期中就提出移民改革感到驚異，而且擁有高支持率的奧巴馬應該有能力實現這項立法，此外他還擁有美國民眾對他的支持。除了奧巴馬的受歡迎度，三分之二的美國人支持公平的非法移民合法化的系統。

就在數周之前，移民專家還認為在這麼差的經濟環境下移民政策改革是基本不可能的。相反，他們聲稱移民政策改革要等到經濟穩定或轉好才有可能。但是現在這些評論家說移民改革不僅在現今的經濟情況下很有可能實現，而且甚至會刺激經濟復蘇。根據美國移民法案基金會的意見，使無合法移民身份的美國現有居民身份合法化會為所有的美國勞工的工資和工作環境帶來提高，並為當地、州和聯邦政府增加稅收。基金會得出這個結論的理由為，合法勞工平均比做同樣工作的非法勞工收入多15%，況且合法勞工會被強制繳稅。

移民評論員的看法是移民改革最早到2009年11月就會實現。這將成為對現居美國的一千二百萬非法移民者來說的好消息。

Keith Pabian是一位移民律師，懂得中文。他的電話是(617) 951-3721，電子郵件是kpabian@pabianrussell.com。(孔璋林譯)

(接第二版-與第三塞弗克)

生物科學，建立經濟多樣化及創造更多就業機會。

你將如何確保刺激資金和(綠色)環保基金會幫助低收入的社區需要？

麥家威 (Aaron Michlewitz):

我確保新的刺激資金和綠色環保基金可以幫助低收入的社區：重點放在提高效率，並降低能源成本在現有的基礎設施上；促進高品質，支持工作的家庭區；提供機會在服務不足的社區，創造新的就業機會，投資在培訓項目和夥伴合作，促進職業，職位提升——擺脫貧困的方法。”

約翰·基斯 (John Keith):

最佳途徑去確保我們的社會需要得到滿足，是確保有立法監管所有刺激法案的支出。監督管制使用“錢袋”。我建議州長任命組識小組，以幫助明智的花錢方法。

露西·瑞維拉 (Lucy Rivera):

我確保刺激資金，用於基礎設施及服務於低收入的社區項目例如改善學校及街道等。

白恩·羅絲 (Brian Ross):

我們需要確保美國投資和恢復法案愛受惠到最廣泛的一批人。打破只幫助到的一小部分人，確保小企業能夠參與建設，善用資金的補助，以確保在州內所有社區同樣受益。

我們需要教育的改革，以確保公立學校幫助準備好我們下一代在一個“綠色”的未來。

蘇珊·柏信妮 (Susan Passoni):

提倡適用的培訓工作，加強教育網絡去面對應變，支持及開設和健康恢復中心，更能在美好的環境培訓和僱用居民，幫助建設設施及施行新計劃。(謝婉君譯)

## 波市新聞

司徒華哈佛大學演講  
「《六四》二十年，《九七》十二年：  
回顧與前瞻」及專訪

著明香港民運領袖司徒華(右)與支聯會副主席蔡耀昌(左)在哈佛的方氏禮堂(Fong Auditorium)演講(謝婉君攝)

【本報記者謝婉君劍橋報導】著名香港民運領袖司徒華到訪北美六個大城市，其中波士頓一程在哈佛演講「六四20年、回歸12年：回顧與前瞻」，出席人數踴躍。但當中有一來自中國的學者乘機擾亂演講。只有在波士頓短短一天半的行程，司徒華特別安排時間與哈佛的香港學生會的同學見面，與不同媒體會面更接受本報特別訪問。演講會後的翌早，到華埠與各橋團見面，在樹立在華埠乞臣街(Hudson St.)的天安門紀念碑(Tiananmen Memorial)前獻花，之後離開波士頓，前往紐約及多倫多。

在演講會上司徒華以「六四」回顧，「六四」前瞻，「回歸」回顧，及「回歸」前瞻作講題。席上出現任中山大學的副授魏朝勇因司徒華以「毛澤東死掉」不是「毛澤東過世」而大鬧演講會，最後被警員邀請離去及被記錄身份資料。

年屆已七十八歲的司徒華先生，行色匆匆的北美行，不忘與不同的媒體會面，更接受本報一些特別的提問。

在六四發生20年的今天，有什麼事情的發生是在你預料之外？

司徒華先生：「回顧六四發生20年，沒有什麼事情出乎我意料之外，因為當六四事件發生後，我已經知道在短期內是不會得到平反的，要爭取六四的平

反，是要經過很漫長及艱辛的路，才能達到目的，所以在六四後發生很多事情變化，但我不感到驚呀。」

你覺得美國這個民主國家及中美現時的關係，對中國推動民主有沒有正面的影響？

司徒華先生：「中國民主的出現是要靠中國十三億人民的努力才可成功的，香港的人也不能出很大的力去改變中國的現象，國際間的聲援，一種支持是有一定的影響，但最重要是要靠中國人民起來！」

你對於在海內外關心中國，仍然希望中國有民主的人有什麼提醒？

司徒華先生：「各就各位、各盡所能、促進量變、等待質變」意思是每人在自己的崗位上盡能力做好可以做的事，各盡所能，中國仍要不斷積聚民主的力量，然後才會有所變化，中國的民主不會急促的出現，要大家努力，積聚民主的力量，到了一定的數量，才會出現「質」的變化，出現一個民主的中國。」

今年將是天安門事件二十週年記念，每年也有大型燭光悼念會，屆時在波士頓及世界各地將會有大型記念活動。香港今年的燭光悼念會，將在6月4日晚八點，在香港維園足球場舉行。

## 舢舨 2009 年讀者問卷調查

(請圈選項目)

1. 您通常閱讀舢舨的哪一版?  
中文 英文 雙版2. 您的年齡:  
10-18 19-25 26-35 36-45 46-55  
56-65 66-74 75+3. 您的出生地  
中國 香港 台灣 其它地\_\_\_\_\_4. 您稅前年收入(以美金元計算)  
低於 10,000 10,000-19,999 20,000-29,999  
30,000-39,999 40,000-99,999 100,000+5. 您住家的郵遞區號  
02111 02169 02148  
02458 Other\_\_\_\_\_6. 您對以下哪些主題有興趣? (可複選)  
移民資訊 醫療專欄 社區新聞  
都市、州新聞 全國新聞 社會福利  
藝術、娛樂 個人理財 工作資訊  
青年專欄

7. 您是否閱讀醫療專欄? 是 否

8. 您對以下哪些醫療資訊最感興趣? (可複選)  
過敏 癌症 肥胖症 營養 暴力 精神健康  
兒童保健 藥劑使用 疾病介紹9. 您平常還閱讀哪些其他報章?  
世界日報 星島日報 大紀元時報中文 僑報  
波士頓驅報(The Boston Herald) 波士頓環球報 (The Boston Globe)  
其他\_\_\_\_\_

10. 您是否閱讀網絡報章? 是 否

11. 若第九題回答是，您閱讀哪些網絡報章?  
世界日報 星島日報 大紀元時報  
僑報 波士頓驅報(The Boston Herald)  
波士頓環球報 (The Boston Globe) 其他\_\_\_\_\_

12. 您對舢舨有哪些建議? \_\_\_\_\_

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87 Tyler St. 5th Boston, MA 02111 或電郵至 survey@sampan.org

感謝您填寫問卷!

## 華埠新聞

(接封面故事-三塞弗克選區)

## 餚食稅

一位席上觀眾提問，候選人對波士頓市長提出百分之二的餐館用餚食(meals tax)看法。市長認為現時的經濟衰退，此方案會幫助推動市府的收入。這問題在候選人中引起很大的爭議。瑞維拉(Rivera)、羅絲(Brian Ross)及基斯(John Keith)均表示反對餚食稅(meals tax)的提案。基斯(John Keith)表示他支持全麻省的用餐稅，不只是某一市鎮。羅絲(Brian Ross)說，他反對增設任何餚食稅或酒店稅，他認為因為增設稅項將會削減市民消費力，從而影響旅遊業和小企業。瑞維拉(Rivera)也同意他的看法。另一方面麥家威(Michlewitz)和柏信妮(Passoni)贊成市長增設餚食稅的一提議，認為面對經濟不穩定的時期，餚食稅將會為政府帶來重要的收入。

## 高等教育

另一個問題來自席上觀眾問題的有關學生貸款利息。大部分候選人回答的方式是帶出另一個更大的問題——如何保留在麻省的人才？柏信妮和麥家威分別指出儘管許多人來到麻省接受良好的高等教育，但很多畢業後便離開。柏信妮(Passoni)強調，一個強大的經濟依賴良好教育的人才的勞動力，因此，畢業生沒有沉重貸款的拖累為重要。麥家威(Michlewitz)則認為，昂貴的高租金是新的畢業生不留麻省的因素，因此若能改善，提供“負擔得起的房屋(affordable housing)”，將有助於解決這問題。

麥家威(Michlewitz)說：「非常重要的是我們向波士頓重建局(BRA)提出要在他們計劃內保持某一些單位的數目。」

瑞維拉(Rivera)表示先她仍有學生貸款的付擔，指出那些選擇公共服務的人應該有延遲或部分貸款的免除。

「這些主修和選擇成為社會工作者的人，他們的收入微乎其微，及沒有人代表他們去爭取。」瑞維拉(Rivera)說。她又認為，她相信正面激勵也將鼓勵更多的投身入公共服務的行列。

候選人準備充足的面對這次辯論大會。他們深思熟慮的答案表明他們意識到華埠華及其他地區所面對的問題。參加競選需要花很多時間，精力和資金，是不可掉以輕心的。在辯論中，候選人表現了他們熱(passion)有意為弱勢的一群人，沒有人替他們說話的人作代表。對他們來說選舉不只機會希望在筆架山獲得一個席位，但一個機會，一個為市民爭取，與公民齊參與和建設社區組織的一個新開始。

## 與第三塞弗克選眾議會議員候選人對話

## 什麼原因驅使你競選眾議會議員？

阿仁·麥家威(Aaron Michlewitz)：解決及了解第三塞弗克選區(Third Suffolk District)的區內問題是我每天的工作，也是我期待每一天做的事情。我會盡我的所能，繼續努力和進步。有一個特別的機會去親眼見到波士頓如何從昨天的轉化演變為今天的社區，我相信我可以成為社區需要新一代的領導者。

身為前眾議會裁美士議員的居內社區聯絡主任，我有了身親處地的機會，了解各區內不同的問題。寶貴經驗對使我對問題累積有了獨特見解，不僅是第三塞弗克選區，而是與整個地區的日益相關問題。我深信，我的工作經驗及在社區多年服務的日子，使我成為區內合適的代表，值得區內居民的投票支持。

## 約翰·基斯(John Keith)：

我很高興能夠有機會與社區成員和社區人士一起工作及成為他們的代表。我希望把社區內事務做得更好，援助那些需要幫助的人，使區內各人在美國的

生活更美好。我看到一些良好及應該持續的政策，而政府在過去幾年中也有所採納。例如全民醫療保健，同性戀婚姻等。我希望恢復政府的公信力、恢復市民對政府的信心。我們區內的兩個有名的政客因面臨違反道德行為而下台。我決意成為一位重組道德的領袖，同時加強國家的法律規範，免除以後再次產生選舉官員違反道德的行為。

## 露西·瑞維拉(Lucy Rivera)：

區民需要代表，他們的聲音必須被聽到。現今波士頓的改變及我們麻省的變化，必須反映到他們的領導人中，新一代在波士頓內的人不斷貢獻麻省的經濟發展，他們的問題和意見應被表達及得到聽取。我會將他們伸訴的意見轉達到立法機關內。

## 白恩·羅絲(Brian Ross)：

跟許多區內區民一樣，我看到政府短視的決策，管理不善的筆架山(Beacon Hill)區內政府，使我們要作出如加稅或提高道路收費等的政策。我相信我們可以改變，改變我們的麻省，改變我們第三塞弗克選區，在立法院表現出好良好領導方向。

了解到區內很多的聲音得不到公平的反影，我不以抱怨，但一個去改變的態度去面對。我們居住的麻省區，政府內的一些選舉官員違反道德的行為。我們經常聽到起訴和調查會傷害我們的社區，影響社會。我準備建立一個有透明度，改革及重組政府區內的道德標準，重建公眾對政府及我們的第三塞弗克選區的信任。

## 蘇珊·柏信妮(Susan Passoni)：

我參加競選眾議會議員代表，因為社區及筆架山正需要一個有效率和有獨立領導才能的人。我參加競選，以關心社會，解決及關注麻省的問題和將來：保持高水平的公共學校，使區民可負擔得起區住的房屋，建立可持續的經濟增長。這些所有都與我們相關的；麻省不可能在沒有商業下促進經濟增長；商業不能在沒有增長下生存。要吸引工商發展，需要有良好教育的人力，一旦麻省的生活指數過高，我們便留不下有才能的精英和專業人士。

過去的七年裡，我幫助社區團體及支持城市內學校，與一些公立學校及有關組織相討於預算和籌款上遇到的困難。我建意在波士頓和羅爾(Lowell)的公立學校給予助學金作獎勵。我又與社區內的市民，設計以安全確保資的金方法去重建和改善南端的公共公園。我是Ellis South and Neighborhood Association的主席，積極參與其他社區組織和協會，攜手共商及拓展社會最大的利益。這是我對社區的承諾，一份奉獻精神，是我競選的原因。

大家都知道麻省面對很多嚴峻的挑戰。我認為，我們需要回到基本知識和理念，認真處理州內的資金分配流出。二十年來，我工作在大型企業財務的金融管理投資戰略上，作分析，建議及協助尋找途徑，達到收資平衡，降低成本的效應。我以豐富工作經驗，解決我們的州內收入的短缺，確保一個更穩定的過程，建立一個美好，宜人居住的社區環境。

## 面對目前國家預算危機，你如何防

止日益縮減的社會服務？

## 麥家威(Aaron Michlewitz)：

目前經濟衰退，我計劃持開放態度，提高收入，但減少某些服務的開支。我們居住的麻省正經歷財政赤字，我不贊成在這個時候加，但可能要削去一些公共項目。

## 約翰·基斯(John Keith)：

一些長期存在的系統性的問題，不斷地把我們的麻省拖進財政上的困難。我採納州長的建議，增加燃油稅是有理的。我不贊成加稅，以滿足短期麻州的需要。我們要有效地削減平衡預算，而十分相信目前的財政危機，問題會在2010年的財政年度迎刃而解。

## 露西·瑞維拉(Lucy Rivera)：

我們需要仔細研究預算，削減一切不必要的開支，以居民的需要作我們的大前提，其實有很多方法，可有效率地節省金錢和開資，而避免大量的裁員。我們多了解其他社區，參考及借鑒他們的處理方法，把我們的社區做得更好。

## 白恩·羅絲(Brian Ross)：

我覺得有大幅度削減的需要，但我認為透過其他引入資金的方法及早的改革，認真研究每一項預算項目，可以減輕影響。我參選的主要原因是我們需要認真，不帶偏見的態度去研究一切可能帶來新收入的方法。州長提出的增加19仙燃油稅來資助我們的運輸系統的服務，這項建議，我的支持的。

長期以來，筆架山以政治把我們的交通基礎設施作交換，拒絕改革交通系統設施，也無意解決堆積如山的債務。現在面對全國經濟災難，麻省應該作出重大的決定，是否要再繼續支持，這管理不善，每況愈下的運輸系統服務。

人類服務組織(The Human Service Organization)，為服務區內最貧窮的人，同樣面對着要困難的決定。必須以少花錢多辦事的理念，在經濟有問題的時候，短視決定的領導人只會阻礙增長。我認為筆架山一向各自為政的氣氛，需要改革，我們應記着大家也是為同一個麻省服務。

## 蘇珊·柏信妮(Susan Passoni)：

在過去的二十年，我作為投資金融分析師，了解如何在變動的情況下作國家預算。我提供規劃戰略，致力服務，尋找途徑，以確保基本需要的服務，得以維持。我計劃與州長，他的職員和其他省府官員，一起制定政策，刺激經濟，並確保一個穩定的經濟未來。

1. 提案2.5(Proposition 2.5)，並尋求更好確定商業，住宅物業地產稅的計算，因為我們在低於市場評估的商業房地產中正損失收入。

2. 審查一些免稅組織的結構和遊說向一些企業徵稅立法(PILOT)。

3. 與州長，州議員，市官員及各企業起來鼓勵更多行業遷移到麻省，例如生物科學，建立經濟多樣化及創造更多就業機會。

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(第三版續)

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